

QOL - LONGEVITY PROTOCOL

1. Inj Multivitamin Infusion once in 3 months
2. Inj Zoledronic acid 4 mg or Xgeva 60 mg s/c - administer once a year for the first two years, then once every five years thereafter - for individuals 60+ years. After Zoledronic acid infusion - Tab CCM two times a day for 3 months.
3. Inj Neurobion Forte 1amp - once in 2 months.
4. Inj Thiamine 1amp - once in 2 months.
5. Inj Trace Elements - Otski-I.V 3ml dilution with 250-500 ml NS over 1 hour through I.V once in 3 months.
6. Tab Vitamin D3 60K IU - one tablet a month.
7. Tab Curcumin BCM 95 - Max twice a day (100 tablets / year) - 30 minutes after food.
8. Resource fiber choice powder (Nestle) 1 Sachet in 150 ml of water / milk / fruit juice - once in 3 days.
9. Every Morning - Drink 1 glass of water with a pinch of Himalayan salt and Lime.
10. Fast inhalation & exhalation exercises - Kapalabathi / Bastrika / Wim Hof method- 3 sets.
11. Mindfulness - Meditation - 15 minutes.
12. Yoga / Suryanamaskar / Stretching / Mobility - 3-5 sets of 5 minutes



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